

1. The first step is to identify the problem. This involves understanding the current situation and what needs to be changed.

The invention provides a composition and a method for lowering blood serum cholesterol levels or for preventing elevated blood serum cholesterol levels, as well as suitable composition comprising (a) one or more phytosterols and/or phytostanols or a mixture thereof capable of reducing cholesterol absorption in the intestine, (b) a composition capable of inhibiting cholesterol biosynthesis, and (c) a composition capable of increasing cholesterol metabolism, wherein at least one of compositions b. and c. is preferably derived from plants.